

Traditional Bread Kvass

Yield: 3 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-kvass-recipe>

Ingredients:

- 1 pound bread see section above
- 3 liters water
- 2/3 cup sugar
- 1 teaspoon bread yeast see section above alternatives

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 122 grams
3. Fat: 4.5 grams
4. Fiber: 3 grams
5. Protein: 13 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1080 milligrams
8. Sugar: 50 grams

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